Shocking study finds 2 eggs a day actually lowers cholesterol, debunking decades of egg fearmongering

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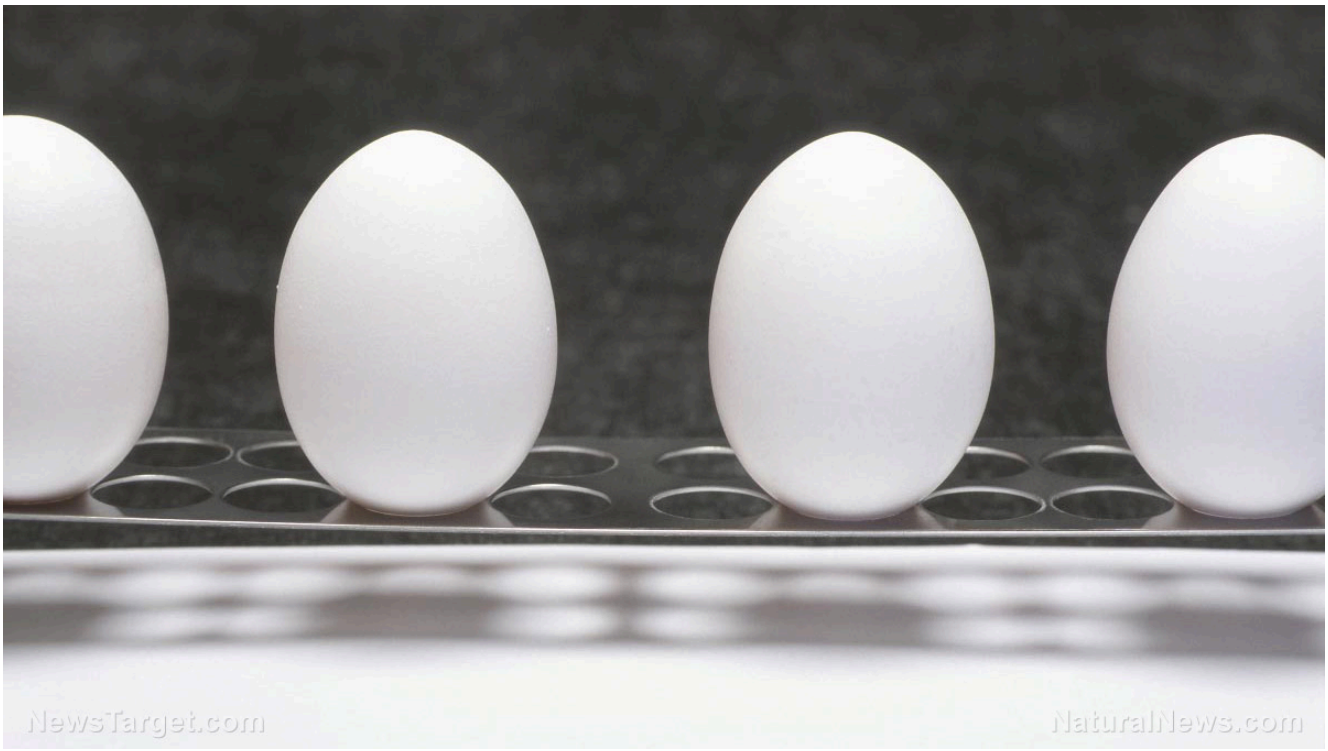

For decades, eggs were vilified as public enemy number one in the fight against heart disease. Health agencies, mainstream doctors, and diet gurus warned that their cholesterol-packed yolks would clog arteries and send LDL levels soaring. Now, groundbreaking research from the University of South Australia reveals the shocking truth: the real villain wasn't eggs—it was saturated fat all along.

In a study that flips decades of dietary dogma on its head, researchers discovered that eating two eggs daily as part of a low-saturated fat diet actually lowered LDL cholesterol compared to diets avoiding eggs but loaded with butter, fatty meats, and full-fat dairy. The findings, published in the *American Journal of Clinical Nutrition*, expose the tragic nutritional lie that demonized one of nature's most nutrient-dense foods—while letting real dietary culprits off the hook.

Key points:

- Eating 2 eggs daily reduced LDL cholesterol by ~6 points—but only when saturated fat intake was low.

- Saturated fat, not dietary cholesterol, directly spiked LDL and ApoB (a key heart disease marker).

- The egg diet increased small, dense LDL particles (linked to plaque buildup) while reducing beneficial HDL subspecies—revealing complex trade-offs.

- Study funded by egg industry, but researchers insist findings were independent—and align with emerging science absolving dietary cholesterol.

The great cholesterol lie: How eggs were framed

Since the 1960s, dietary guidelines hammered home one message: avoid cholesterol-rich foods like eggs or risk heart disease. Doctors told patients to ditch yolks, schools scrubbed eggs from cafeteria menus, and terrified Americans embraced bland egg-white scrambles—ironically drowning them in butter or processed oils.

But the science never added up. As this study confirms, blood cholesterol responds far more to saturated fat (found in fatty meats, dairy, and tropical oils) than to dietary cholesterol itself. Yet institutions doubled down on the anti-egg narrative, ignoring real-world cultures like Japan—where high egg consumption coexists with low heart disease rates. Balance is important, but that means incorporating nutrient-dense whole foods, instead of greasy comfort foods.

"The fear of eggs was a distraction," says Jon Buckley, lead researcher. "Saturated fat quietly fueled the crisis while we blamed an innocent food."

The saturated fat trap: Why butter, cheese, and greasy meats are the issue

The study's most damning revelation? Participants avoiding eggs but eating high saturated fat saw no LDL improvements—while egg eaters on low saturated fat diets did. Here's why: saturated fats (like palmitic acid in meat and dairy) hijack liver metabolism, forcing it to produce more LDL. Eggs, by contrast, contain choline and omega-3s, which may counterbalance cholesterol effects when other fats are minimized. While these foods can be consumed in balance, for cardiac patients, a little may be too much.

The takeaway:

- Cook eggs in olive oil or avocado oil, not butter.

- Skip the greasy bacon and sausage. Instead, pair them with avocado or spinach.

- Choose low-fat dairy, raw milk, or non dairy alternatives. The whole milk and cheese, while providing their own health benefits, are the real culprit of added saturated fat.

Not a free pass: The egg diet's hidden trade-offs

While the study busts myths, it also exposes nuances: egg consumption increased small, dense LDL particles (the most artery-damaging type) and reduced HDL4 (a protective sub-type).

Does this mean eggs are dangerous? No—because context matters. For most people, the LDL-lowering effect outweighs particle shifts if saturated fat stays low. But cardiac patients should monitor responses carefully. Furthermore, poached or boiled eggs are better than fried eggs.

For years, Big Pharma and processed food giants profited as eggs took the blame. Now, science corrects the record—but warns: eggs aren't magic. They thrive in a balanced diet that shuns saturated fat and prioritizes whole foods.

"Eggs are back," says Buckley. "But this time, eat them smart."

Sources include:

StudyFinds.org

ScienceDirect.com

Enoch, Brighteon.ai

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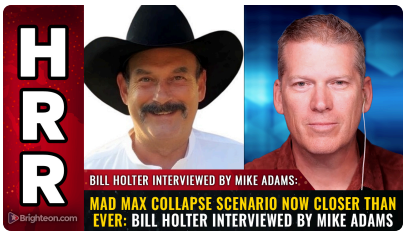

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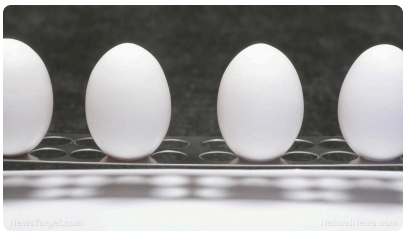

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